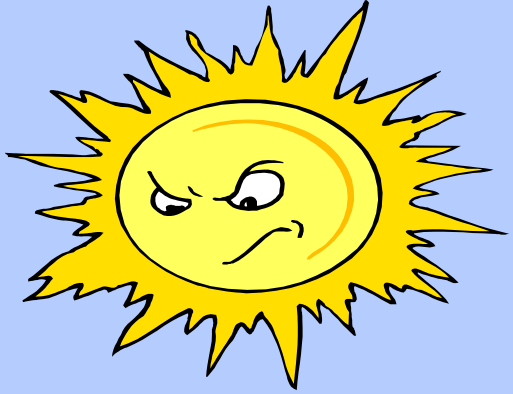
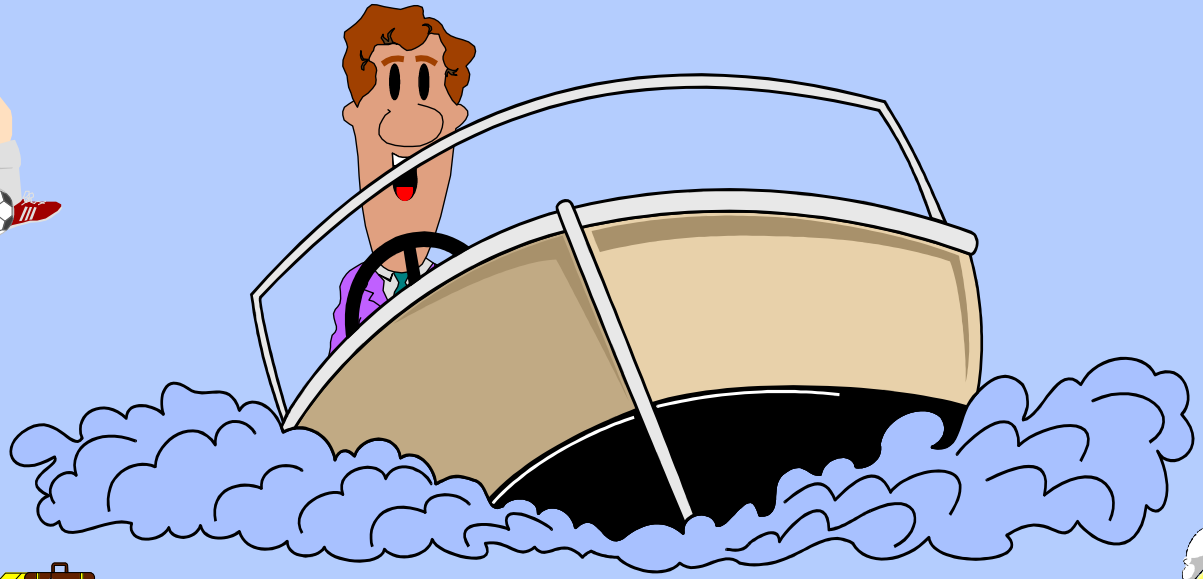
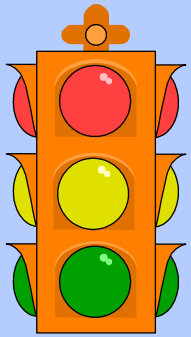
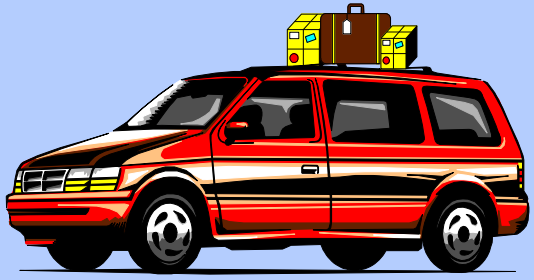
2004 Summer Safety Campaign

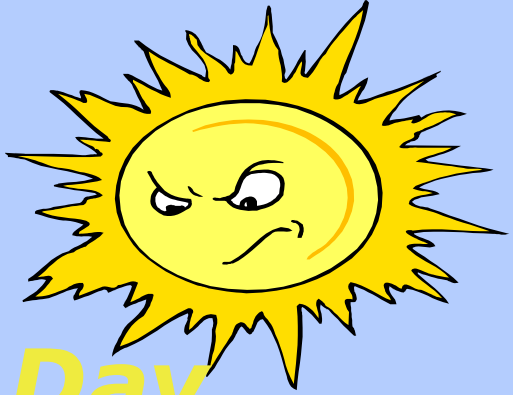






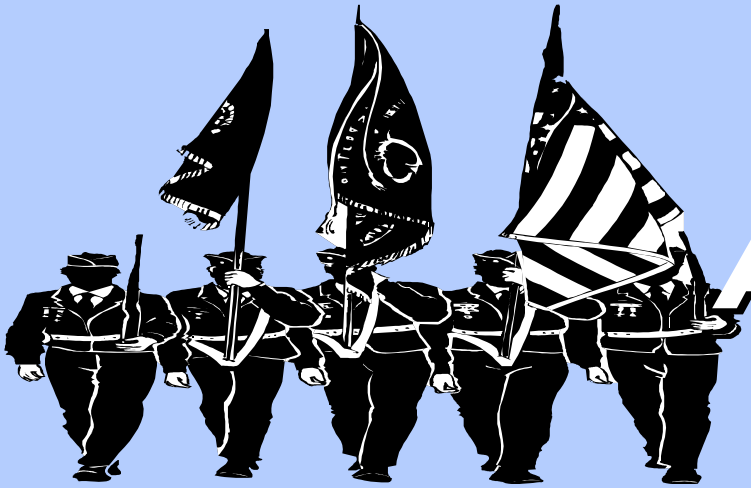


101 Days of Summer Safety

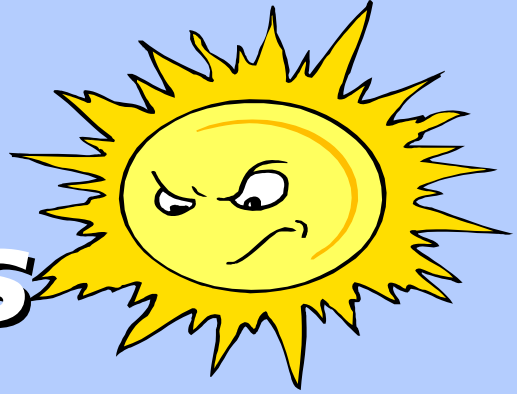


- Memorial Day to Labor Day
- No one is immune from mishaps
  - more and wider variety of activity
  - increased risk

- Traffic Safety
- Recreation Safety
- Home Safety
- On-duty Safety



Vehicle Accidents



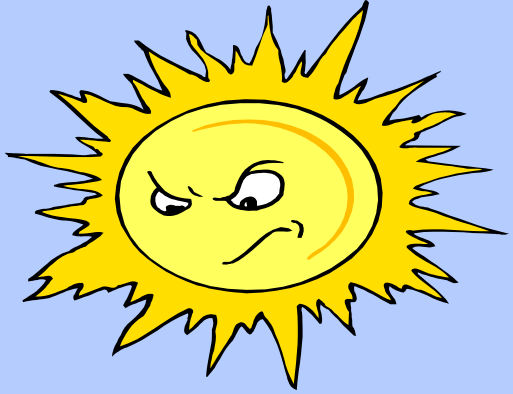
Traffic accidents kill over 45,000 Americans a year and injure hundreds of thousands more. Many accidents occur on long holiday weekends, like the upcoming Memorial Day weekend, when personnel jam the highways.

Eager to reach that favorite vacation for the first fling of the season, some personnel neglect to make a safety check of their vehicles, and just as bad, take unnecessary chances as they hurry to reach their destinations. But the destination some of them reach is a hospital emergency room- or the morgue.

Safety Tips

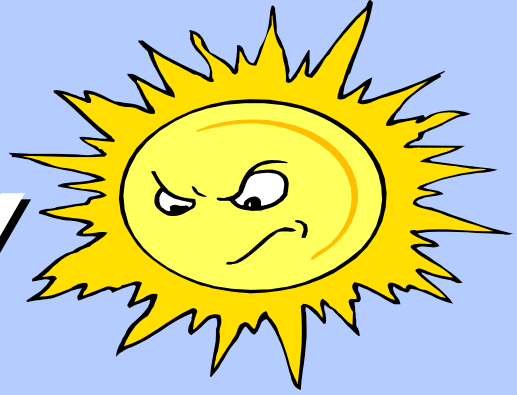
- **Wear seat belts. Secure babies in safety seats.**
- **Drive during the day, if possible and allow for plenty of time to reach your destination.**
- **Keep within speed limits and observe all other rules of the road.**
- **Drive defensively. Keep your cool when another driver is discourteous or careless.**
- **Stop from time to time for meals and refreshments breaks.**

Main Areas of Concern

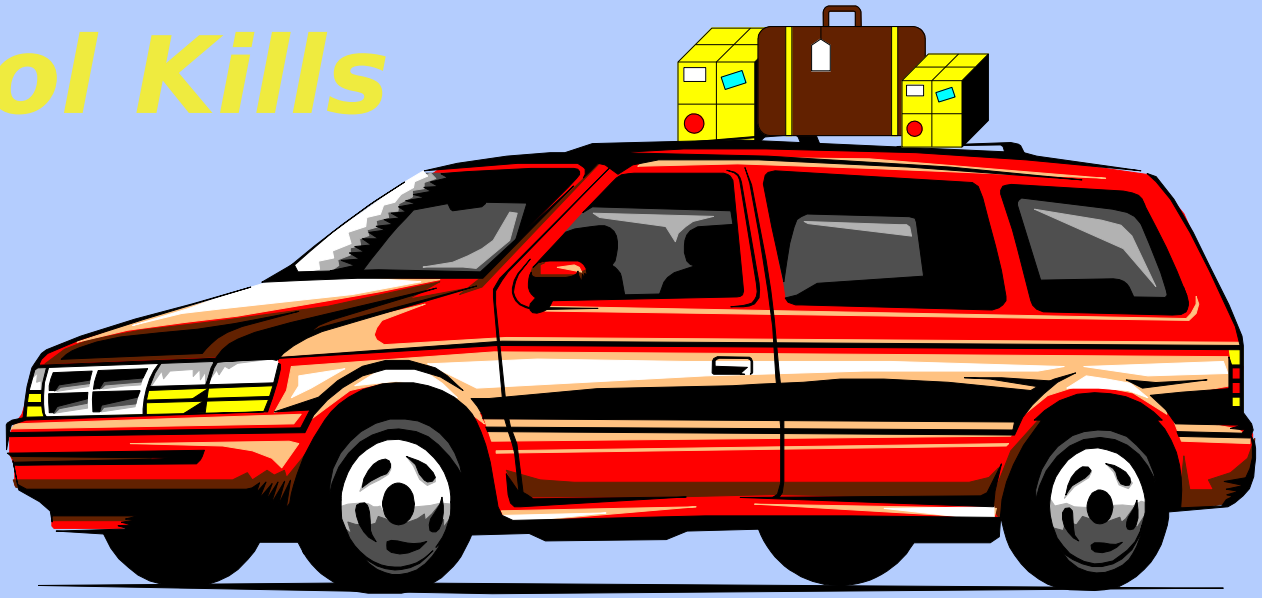


- POV Safety
- Use of Seat Belts
- Drinking and Driving
- Water Safety
- Heat Injury Prevention
- Jogging and Bicycling

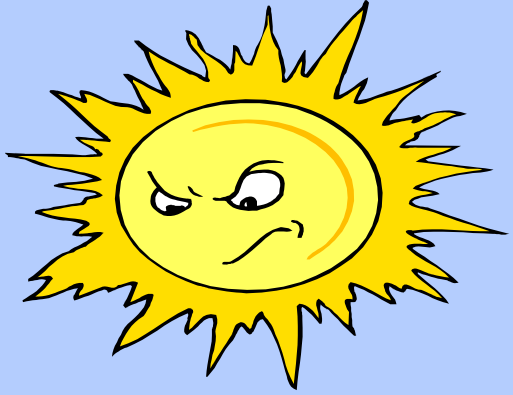
Traffic Safety



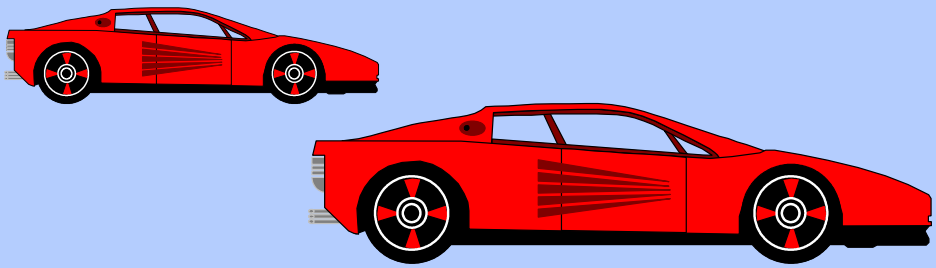
- Travel
- Fatigue and You
- Alcohol Kills

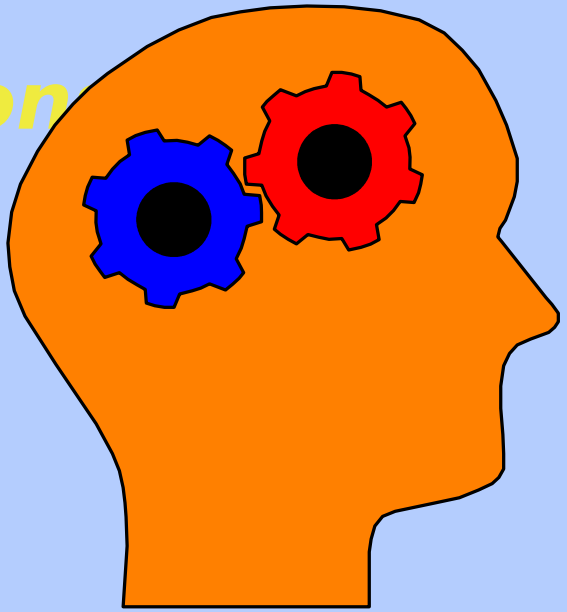


Travel



- Plan ahead - prepare your vehicle
- Buckle up every time
- Children in back (use child restraints)
- Adjust speed to condition





Buckle Up for Life…

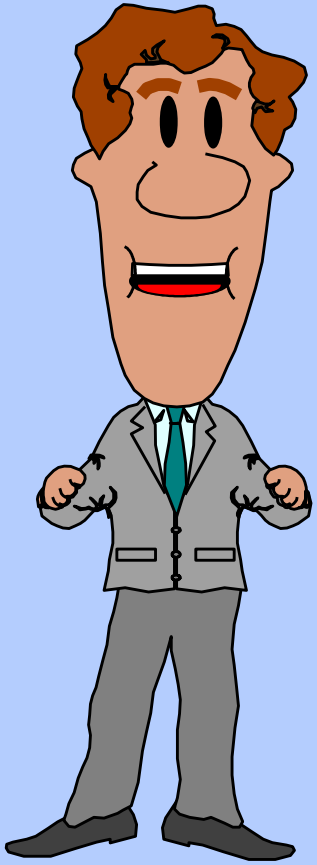
Amazing Facts!

- ***Car crashes are the #1 cause of death for people between ages 6 and 27!***
- ***Every 13 minutes someone is killed in a vehicle accident!***
- ***Seat belts reduce deaths by up to 75% and reduce serious injuries by up to 66%!***
- ***Over 25,000 lives have been saved by seat belts in the last 10 years!***

Buckle Up for Life…

Click Here to Play Movie

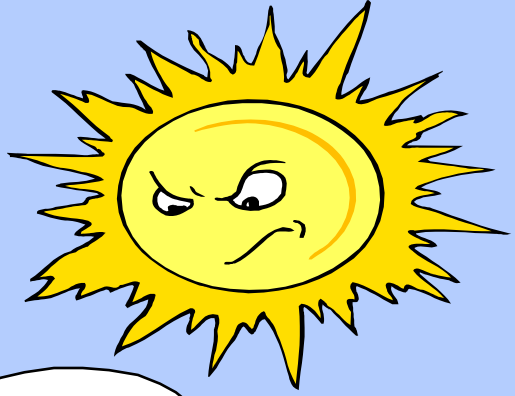
Fatigue and You



- Fresh air
- Avoid heavy food and alcohol
- Rest periodically
- Sleep in a hotel, not your car

Get the sleep your body demands

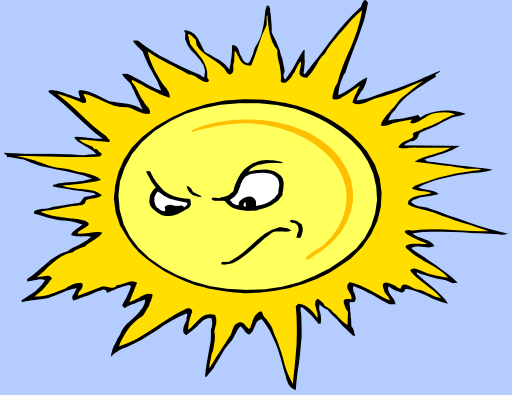
Alcohol Kills



Why didn't I call a cab???

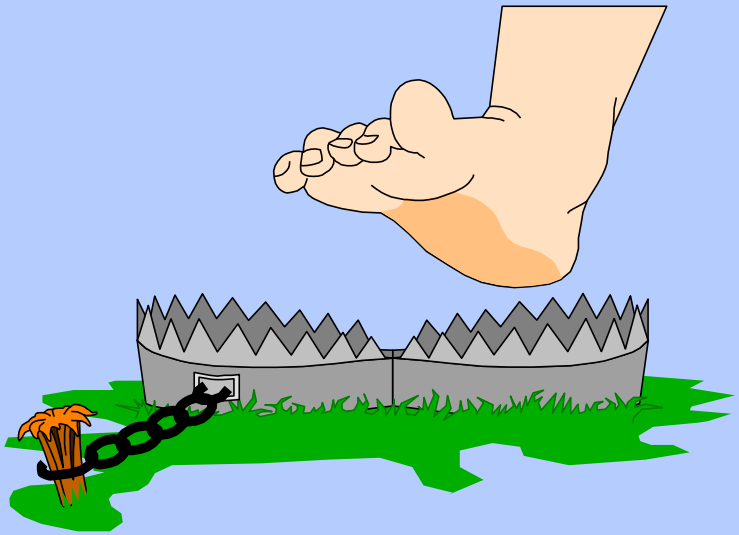
He didn't even see the pedestrian in the crosswalk!!

Alcohol Kills

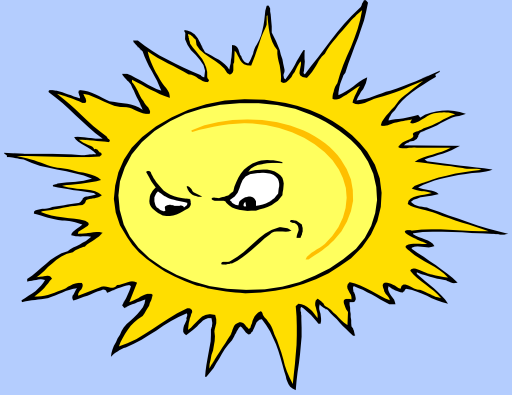


- *Alcohol is a depressant*
- *Lessens inhibitions*
- *Only way to sober up is time*
- *What to do?*
  - *Limit consumption*
  - *Designated driver*

DON'T DRINK!



Never Operate a Vehicle…



… after consumption of alcohol

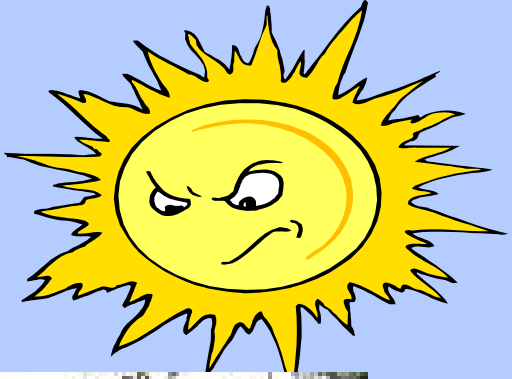
… while under the influence of drugs

… after taking prescription medication that affects your driving abilities

… when fatigued

Both you, the driver, and your vehicle must be in top condition

A van full of friends out for a party---no designated driver--- not as many friends now



Proper Motorcycle Attire

- A protective helmet (DoT Approved) with goggles or full-face shield

- Long sleeve shirt or jacket and long trousers

- Full fingered motorcycle gloves or mittens

- Sturdy foot ware, leather boots or over-the-ankle shoes are strongly recommended

- Brightly colored, reflective vest or jacket

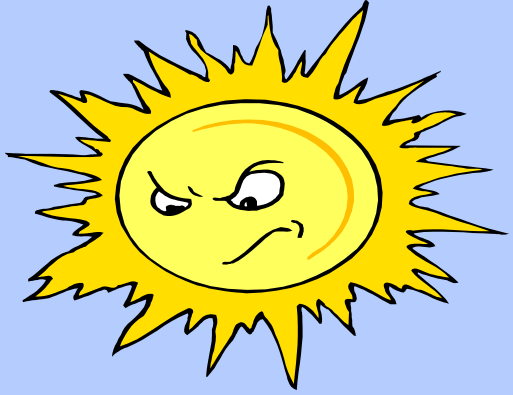
Not So Safe Motorcycling

Click Here to Play Movie

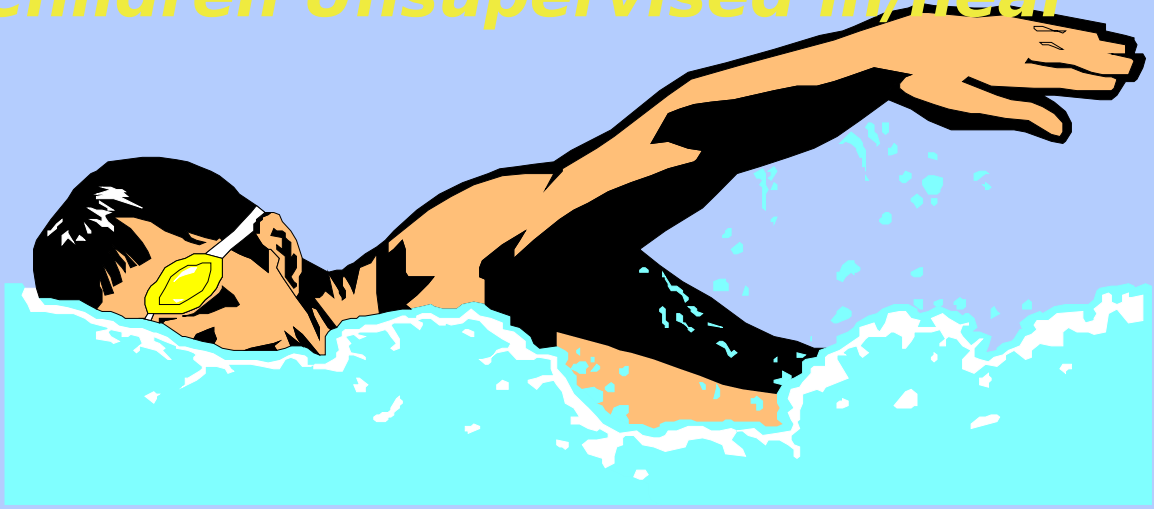
Recreation Safety

- Swimming
- Boating
- Jogging
- Bicycling
- Camping
- Canoeing

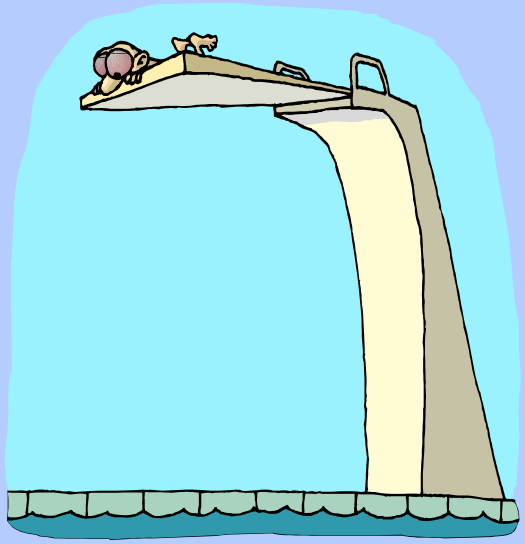
Swimming



- Swim in (BSB) Authorized Swimming Areas
- Swim with a Buddy
- Don’t Drink and Swim
- Know your Swimming Ability
- Check Water Before Diving
- Don’t Leave Children Unsupervised in/near Water



Swimming Safely

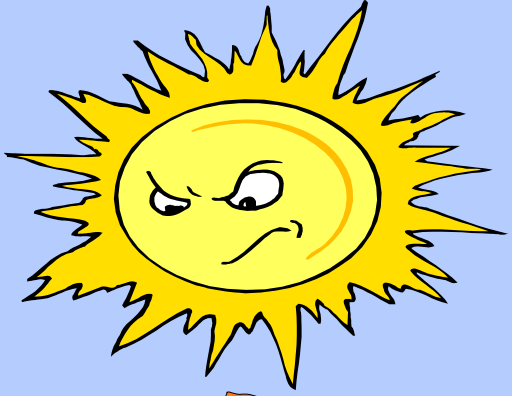


- Never participate in water sports alone. Use the buddy system.
- Don't participate in water sports during bad weather.
- If someone is drowning -- GET HELP right away -- call 110 (Germany off-post).
- Know your ability.
- Do not dive in unfamiliar waters.
- Don't swim when you are overheated, tired, or cold.

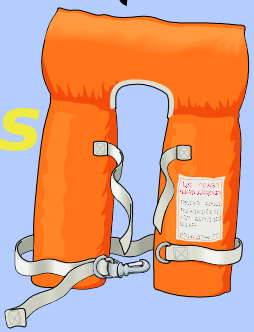
Skin and Scuba Diving

- Remain physically qualified for diving by having a physical examination regularly.
- Obtain certified training from a recognized agency.
- Don’t eat or drink immediately prior to diving.
- Never dive alone, always dive with a friend.
- Plan each dive and dive only when conditions are right.
- Use properly adjusted equipment as required.
- Establish a system of communication with other divers.
- Never wear goggles or ear plugs when diving.
- Adjust buoyancy to be slightly positive on full inhalation.
- When diving in adverse conditions, use a life line or buddy line.

Boating

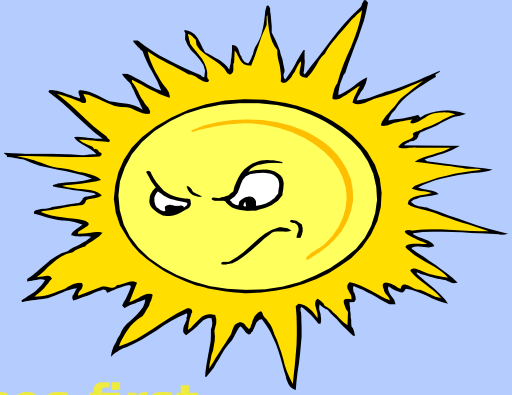


- Know the rules
- Use life vests



- Don’t overload
- Check weather

Canoeing

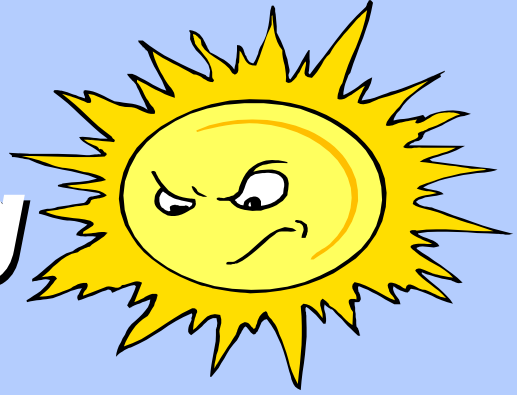


- Don’t choose rivers beyond your ability.
- Choose your route wisely; try shorter distances first.
- Be respectful of private property.
- Dress properly for the activity and weather.
- Wear the proper personal floatation device (PFD).
- Do not consume alcohol or drugs.
- Paddle with a support party.
- Establish organizational guidelines for the tour.
- Dress for the water temperature, not the air temperature.
- Anticipate the impact of other boats, other canoeists, changing weather conditions, and motorized

Jogging

- Warm-up
- Be visible day and night
  - light colored clothes
  - reflective belt/vest
- Use sidewalk/path or jog facing traffic

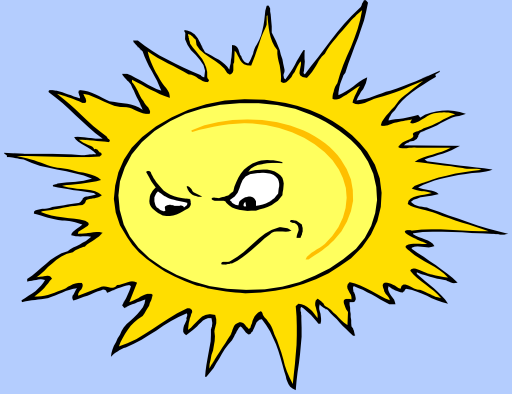
Skateboarding



- Wearing portable headphones, earphones, or other similar devices while skating or bicycling along traffic environment is prohibited.

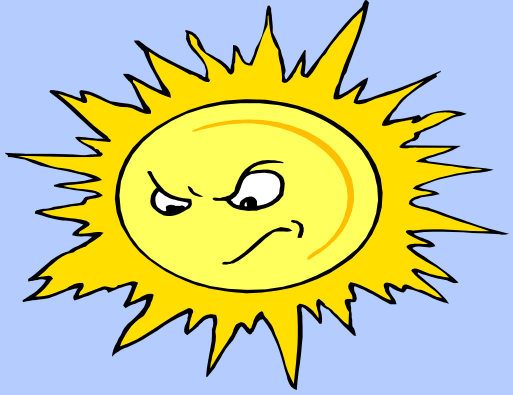
- Use sidewalk/path or designated area!

Bicycling

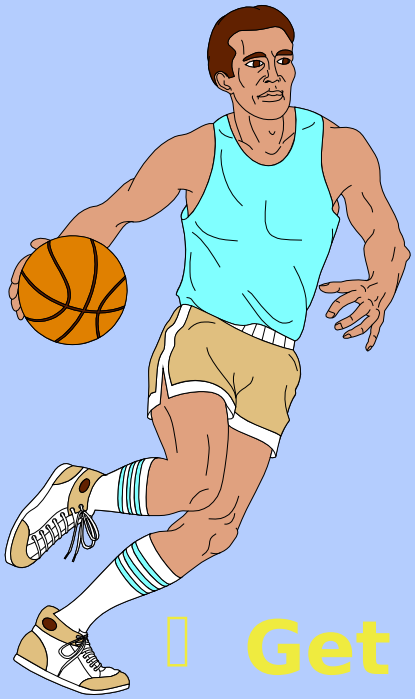


- Obey traffic signs
- Use hand signals
- Ride single file
- Ride on right side of road
- Be visible day and night
  - light colored clothes
  - reflective belt/vest

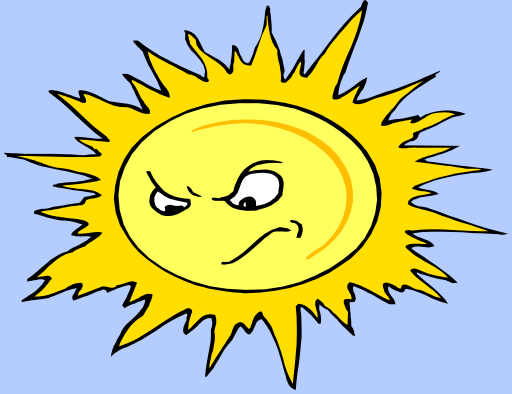
Bicycling



- Wear an approved bicycle helmet. They are mandatory on all DoD installations.
- Obey all applicable traffic regulations, signs, signals and markings.
- Keep right, ride in single file with traffic, not against it.
- Protect yourself at night with reflectors and lights.
- Use hand signals to indicate turning or stopping.
- Leave entertainment equipment at home. Wearing headphones blocks out sounds you need to hear.



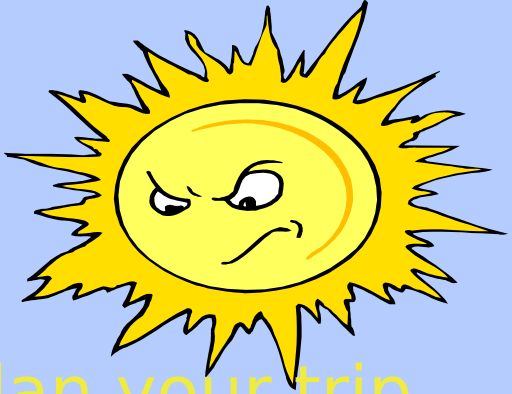
Sports Safety



- Get in shape, start slowly
- Choose activity appropriate for your age and conditioning
- Know your exercise and playing limits
- Dress right/wear protective equipment

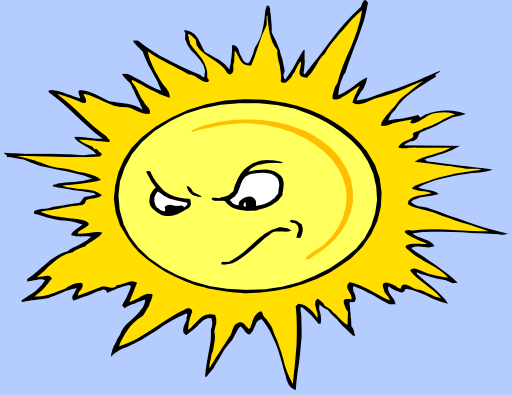
Simple outdoor activities can be taken too far

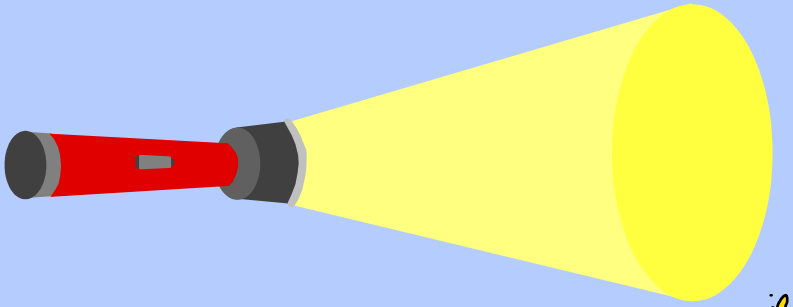
Hiking Safety



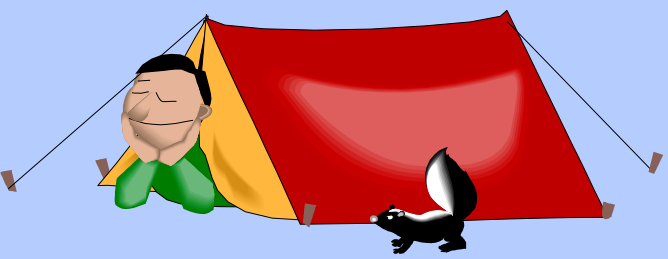
- **Plan ahead.** Learn about the area. Plan your trip carefully according to routes and the time you have available. Check weather reports before you set out.
- **Prepare yourself physically.** Do not attempt a trip that is beyond your physical capabilities.
- **Leave word of your destination and schedule.**
- **Dress appropriately** for the season and wear appropriate hiking shoes or boots. Layered clothing is best to meet changing weather conditions.
- **Take appropriate equipment and supplies.** A day pack containing high energy food, water, first

Camping

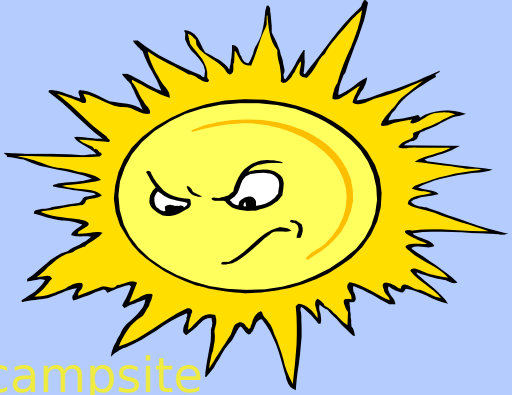




- ✓ Check equipmen
- ✓ Camp in approved areas
- ✓ Use caution when starting fires!



Camping



- Plan your trip so that you arrive at your actual campsite with enough daylight left to check over the entire campsite and set up camp.

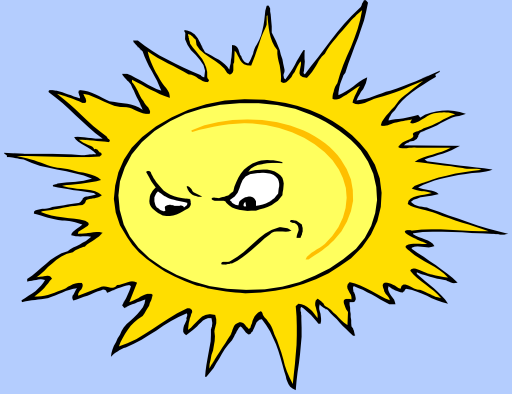
- Be sure to check the site thoroughly for glass, sharp objects, branches that could fall or are hung low.

- Fire is a prime concern at the campsite. Be sure you have an area for a fire that cannot spread laterally or vertically. Whenever a fire is lit, make sure there is someone there to watch it.

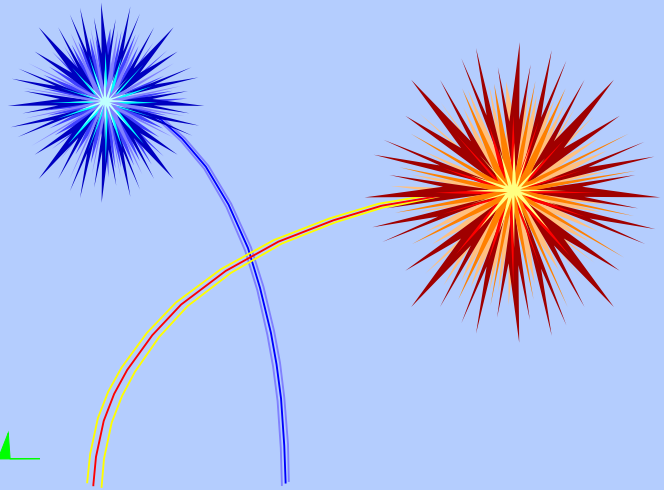
- Check for potential hazards at the campsite such as: poison ivy, bees, ants, and sharp objects.

- Look for a site that has trees or shrubs on the side of the prevailing winds. This will help block winds if it should gust.

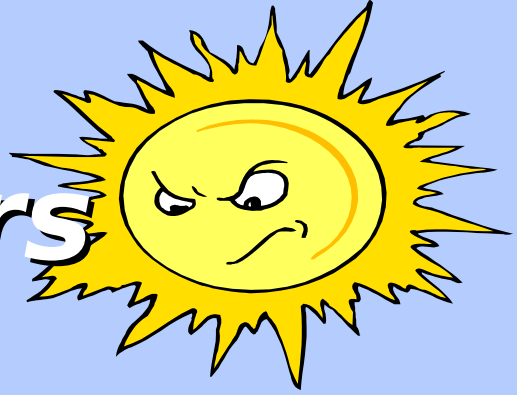
Home Safety

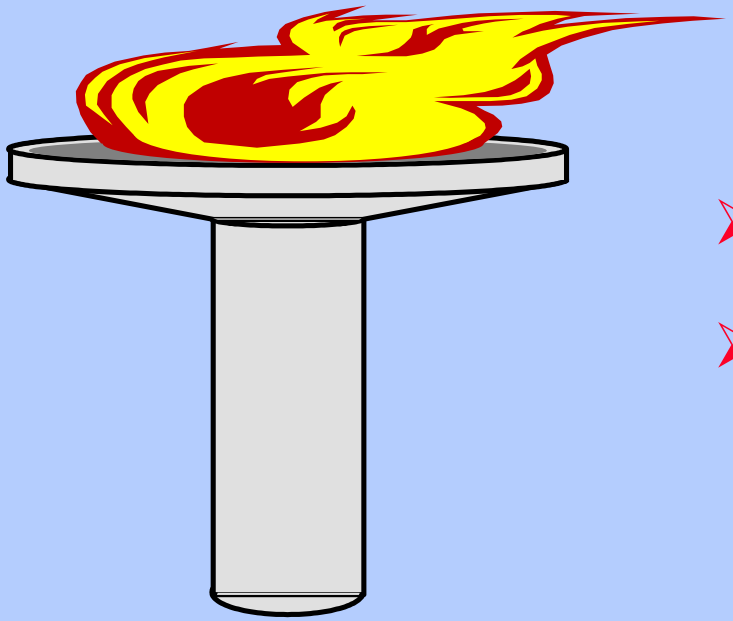


- Home Maintenance
- Cooking Outdoors
- Fireworks



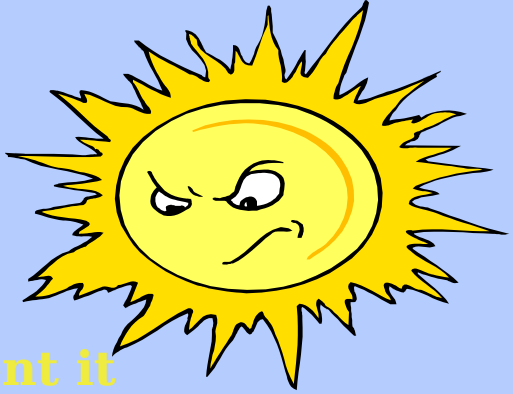
Cooking outdoors





- Use lighter fluid, not gas
- Move away from house and overhangs
- Always monitor grill
- Let coals cool before disposal

BBQ Safety



Store charcoal in a dry place and prevent it from getting moist or wet (wet charcoal can self-ignite by spontaneous ignition).

NEVER use gasoline to start charcoal

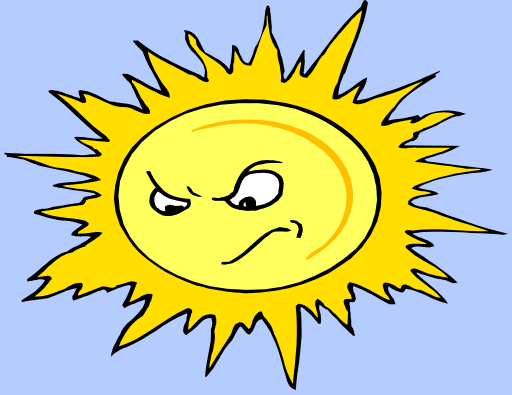
Keep children & pets from hot BBQs

NEVER leave cooking unattended

If a leak is detected in a gas grill--
TAKE IMMEDIATE ACTION!!

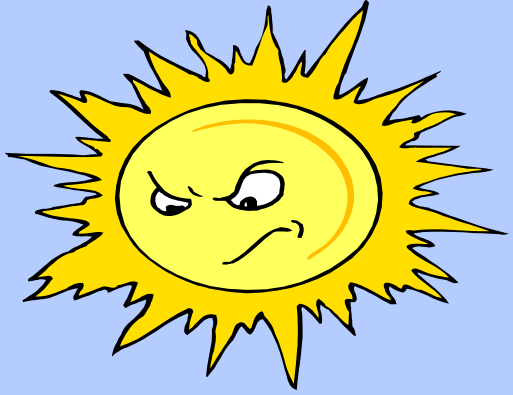
Ensure used charcoals are cool and disposed of properly. Use metal containers such as used coffee cans.

Picnic Safety

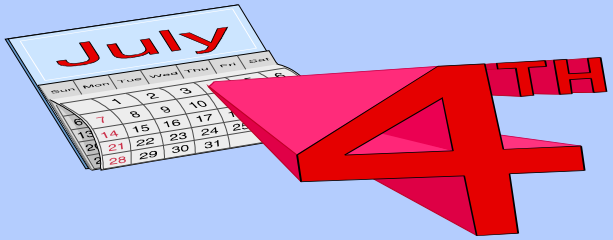


- **Keep picnic food safe.**
  - ✓ **Wash hands before handling food and use clean utensils and containers.**
  - ✓ **Keep cold food cold.**
  - ✓ **Keep hot food hot.**
- **Pack plenty of utensils and dishware.**
- **Prevent contamination. Keep foods covered to prevent contamination by insects.**
- **Leftovers – if in doubt, throw them**

Fireworks



- Watch the professionals
- Fireworks are not toys
- Always supervise
- Be alert for fire



Safety Tips!

- Observe post regulations. Never build or experiment with homemade fireworks.

- Never let children handle or light fireworks. Even sparklers can be dangerous if unsupervised. They can burn at 1800+ degrees F

- Never ignite fireworks while holding them. Only light one at a time, and move quickly away.

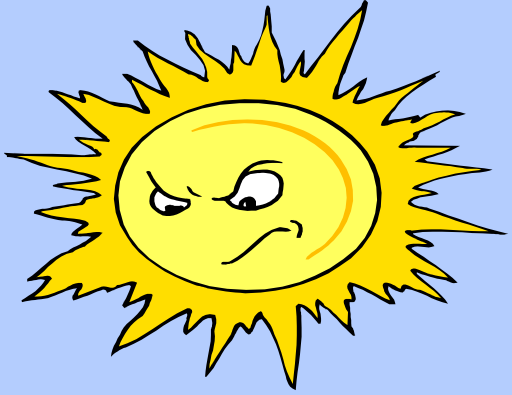
- Make sure you give yourself enough room in a safe location - away from buildings, vehicles and flammable materials.

- Have a full bucket of water handy for any emergency, and to douse used sparklers.

- Watch what you wear. Loose clothing can catch fire, and should not be worn while handling fireworks.

- Never try to re-ignite fireworks that have malfunctioned. Soak them with water and throw away.

Heat Stress



Know the signs and symptoms of heat stress. Stop your activities before you begin to feel them.

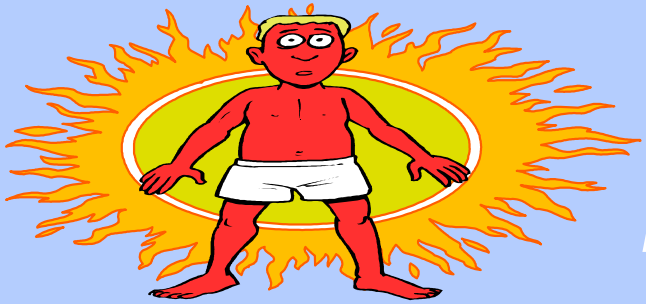
Do heavy physical activity early in the morning or at night.

Avoid drinking alcohol.

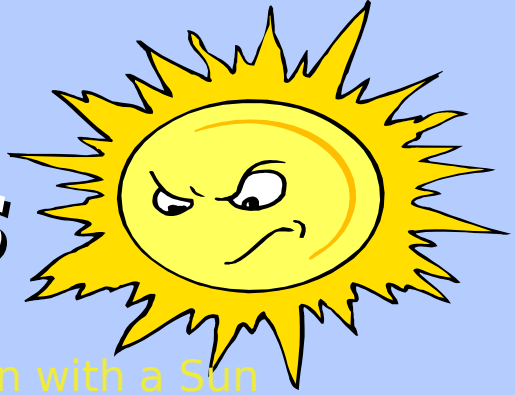
Maintain proper hydration. Drink small amounts frequently. Avoid feeling thirsty!

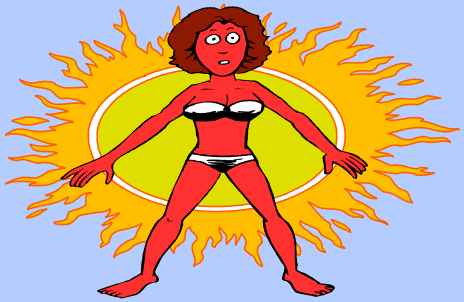
Stay in good physical condition.

Wear loose, breathable clothing such as cotton, linen or silk. Wear hats and use sun screen.



Heat Stress

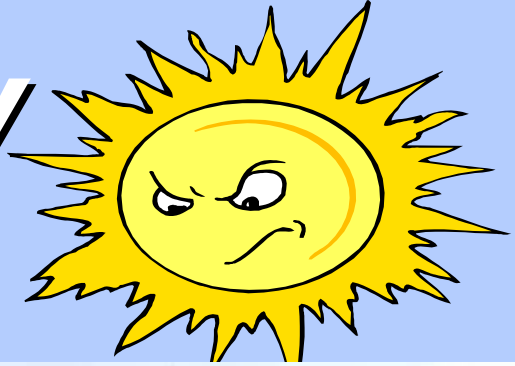




- Apply broad-spectrum sunscreen with a Sun Protection Factor (SPF) of at least 15.
- Reapply sunscreen every 2 hours when out-doors even on cloudy days.
- Wear protective, tightly woven clothing, such as a long sleeved shirt and pants.
- Wear a wide-brimmed hat and sun glasses when outdoors.
- Stay in the shade whenever possible.
- Avoid reflective surfaces, which can reflect up to 85 percent of the sun's damaging rays.
- No shadow, seek shade! If your shadow is shorter than you are, you're likely to sunburn.

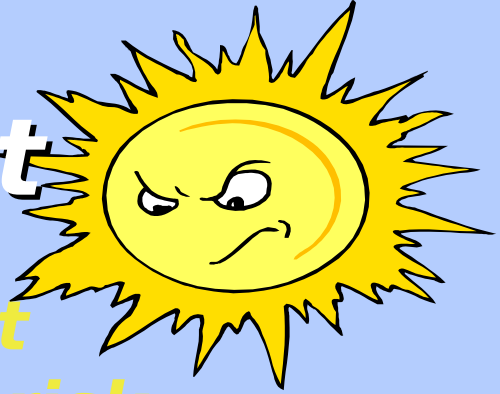
The sun is the strongest between 10 a.m. and 4 p.m.

On-Duty Safety

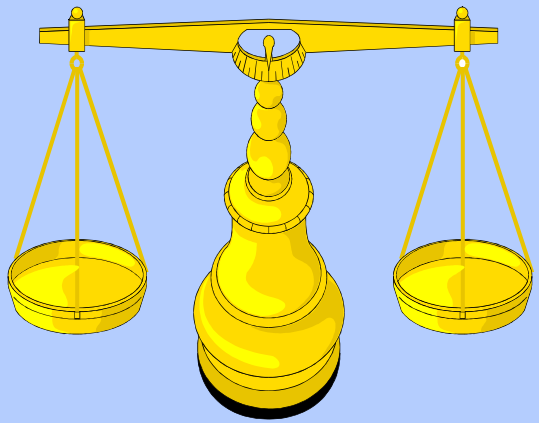


- Take your time. Deviating from established procedures can be dangerous!!
- Use your Technical Manual.
- Follow the checklists.
- Maintain focus on the task

Risk Management



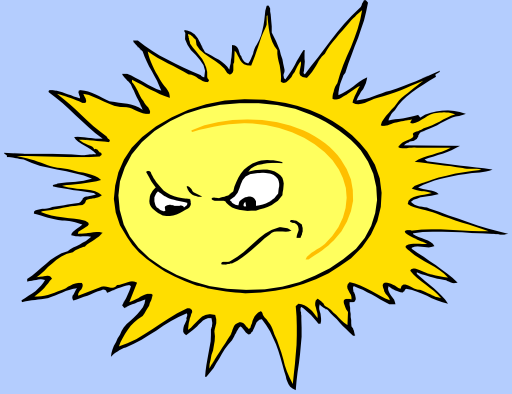
- Do not accept unnecessary risk
- Make risk decisions at the appropriate level
- Accept risk when benefits outweigh costs



Bad things happen when you act WITHOUT

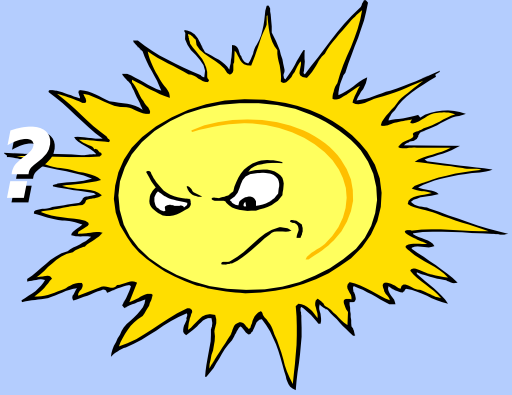
July 8 1989, Julio Castillo impales himself on a fence while trying to catch a baseball in Queen's, New York

Accident Causes



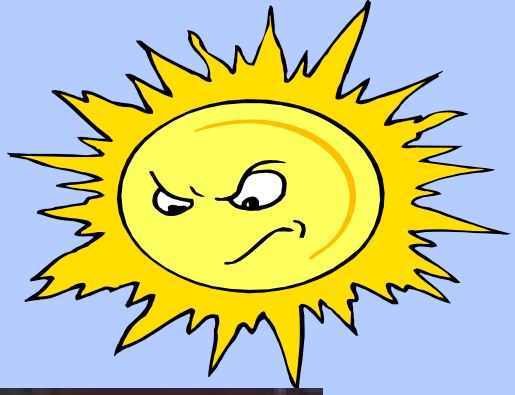
- ***Lack of Self-Discipline***
  - ***We all know what we need to do***
    - ✓ ***Don't Drink and Drive***
    - ✓ ***Use Seatbelts***
    - ✓ ***Drive Defensively***
    - ✓ ***Follow the Rules***
    - ✓ ***Etc., Etc., Etc.,***
- ***Not looking out for each other***
  - ***Designated Drivers***
  - ***Use the Buddy System***
- ***Not planning ahead***
  - ***No Risk Management Consideration***
  - ***No Preparation for Travel***
  - ***Not Enough Time to take Necessary Breaks***

So What Do We Do?

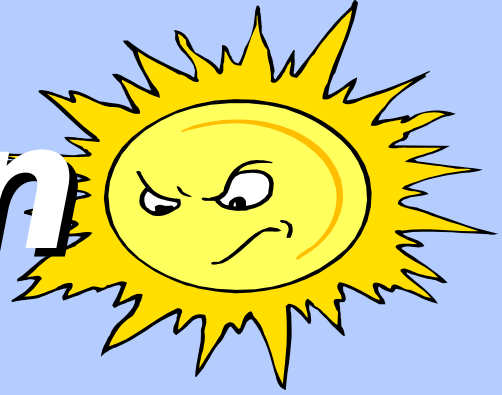


- *Use Personal Risk Management*
  - *Plan ahead*
- *Exercise Self-Discipline*
  - *Use designated driver/seatbelts*
  - *Use Personal Risk Management*
- *Take Care of Your Fellow Soldiers*
- *Leaders at All Levels…*
  - *Get tough*
  - *Get involved*

There is not much left after a high-speed roll over…



Conclusion



Be Careful,

Assess and Manage Risk Wisely,

and Enjoy…

01 Safe Days of Summe